

SUBSTANCE USE GROUPS AND COUNSELING

DO YOU JUST WANT TO TALK ABOUT IT?

Is your drinking or using
bothering you?

Is it becoming less fun
and more trouble?

Do you find yourself trying
to quit but just cannot stop?

Is one of your loved ones
struggling with drugs or alcohol?

THE COMMUNITY
MENTAL HEALTH HUB
AT HANNA IS LAUNCHING
SUBSTANCE USE
PROCESS GROUPS AS
WELL AS ONE-ON-ONE
COUNSELING.

A SAFE SPACE
FOR DISCUSSION.

- Because we all need to talk sometimes.
- Because we all need somebody to listen.
- Because we all need to feel heard and seen without judgment.
- Because it is ok to ask for help.

Where and When?

Group Zoom meetings
every Wednesday at 6p.m.

Individual/one-on-one meetings
upon request

For Whom?

Sonoma community members
All genders and cultures welcome

 **COMMUNITY HUB
MENTAL HEALTH AT HANNA**

For more information, please email
TheHub@hannacenter.org or call **707.966.6767**